

Clinical Trial Protocol

Iranian Registry of Clinical Trials

12 Jul 2026

Relationship between physical activity, physical and motor function in patients with breast cancer: with interventional approach to yoga exercises

Protocol summary

Study aim

The purpose of this study is to improve the lives of women suffering from physical and mental pain after breast cancer

Design

Thirty female volunteers are randomly divided into two groups of 15 control and experimental.

Settings and conduct

Yoga exercises are applied to women who refer to the Breast Cancer Research Center of Motahhari Clinic in Shiraz by simple randomization and are under special care.

Participants/Inclusion and exclusion criteria

Entry requirements for participants: Women released from breast cancer; Women over 25 years old; Women under 65 years old; Completion of radiotherapy and chemotherapy; Primary hypertension; No cognitive impairment by AMT tool; No history of depression or anxiety disorder based on patient statement or medical record; Do not use sedatives; No drug addiction. Conditions for non-entry of participants: Women with acute heart disease; Women who have chronic depression and are taking medication; Lack of cooperation or death of an elderly person; Do not attend more than 3 sessions.

Intervention groups

Experimental group on which yoga exercises were applied. Control group on which no training is performed.

Main outcome variables

The most important consequences of this research: 1. Change in the way of looking at life by living happily 1. Reducing stress and anxiety 3. Increasing inner peace 2. Increasing muscle mass and bone density 3. Flexibility of joints and muscles

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200824048501N1**

Registration date: **2020-09-07, 1399/06/17**

Registration timing: **registered_while_recruiting**

Last update: **2020-09-07, 1399/06/17**

Update count: **0**

Registration date

2020-09-07, 1399/06/17

Registrant information

Name

Tahereh Kohan

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 71 3624 3179

Email address

tarakohan1395@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-09-05, 1399/06/15

Expected recruitment end date

2020-11-05, 1399/08/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Relationship between physical activity, physical and motor function in patients with breast cancer: with interventional approach to yoga exercises

Public title

The effect of physical activity on women released from breast cancer

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria:

Women with breast cancer Women over 25 years old
Completion of radiotherapy and chemotherapy

Exclusion criteria:

Women with acute heart disease. Women who have completed chemotherapy in less than two weeks.

Age

From **25 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Not randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Thirty female volunteers are randomly divided into two groups of fifteen control and experimental.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Marvdasht Azad University

Street address

Persepolis Boulevard, 3 km of Marvdasht

City

Marvdasht

Province

Fars

Postal code

73711-13119

Approval date

2020-06-13, 1399/03/24

Ethics committee reference number

IR.IAU.M.REC.1399.018

Health conditions studied

1

Description of health condition studied

Breast Cancer

ICD-10 code

D70.1

ICD-10 code description

Agranulocytosis secondary to cancer chemotherapy

Primary outcomes

1

Description

Motor readiness

Timepoint

One month

Method of measurement

Questionnaire

Secondary outcomes

1

Description

Improve physical condition

Timepoint

Physical condition is measured before the intervention begins. And it is done again two months after the yoga exercises.

Method of measurement

How to measure is done using physical fitness factors such as flexibility-balance.

Intervention groups

1

Description

Intervention group:Yoga exercises

Category

Lifestyle

2

Description

Control group: Inactivity

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahid Motahari Clinic, Shiraz
Full name of responsible person
Sadigheh Tahmasebi
Street address
Faghihi Hospital, Zand St, Shiraz
City
Shiraz
Province
Fars
Postal code
7134846316
Phone
+98 71 3235 1087
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tahmasebi.kh@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
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Phone
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Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

No

Title of funding source

The financial source is 100% the responsibility of the researcher.

Proportion provided by this source

100

Public or private sector

Private

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Persons

Person responsible for general inquiries

Contact

Name of organization / entity
Shiraz University of Medical Sciences

Full name of responsible person

Dr. Nasibeh Kazemi

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Physiology

Street address

Rolex Building, In front of the neighborhood park, Ali Rezaei, Mahallati, Ghodsi Gharbi, Shiraz

City

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Province

Fars

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Email

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Dr. Nasibeh Kazemi

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Physiology

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Person responsible for updating data

Contact

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Tahereh

Position

Sports Instructor (Yoga)

Latest degree

Bachelor

Other areas of specialty/work

Physiology

Street address

Unit 1, First Floor, Kohan Building, Bustan Alley, Alley
36, Mirzai Shirazi Blvd, Shiraz

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

All data can be shared after unidentified individuals.

When the data will become available and for how long

6 months after the publication of the research results,
the data can be accessed.

To whom data/document is available

It will be available to researchers at academic and
scientific institutions.

Under which criteria data/document could be used

Will be available to assist researchers working in the
field.

From where data/document is obtainable

Applicants can refer to Shiraz University of Medical
Sciences, Zand St., central building. Email
info@sums.ac.ir

What processes are involved for a request to access data/document

Researchers should refer to Shiraz University of Medical
Sciences to access the data and request that it be
reviewed by the University Council and provided to them
at their discretion.

Comments